

May 2022

Northern Karate School
 3883 Rutherford Rd, Woodbridge On., L4L 9R8
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 www.northernkarateschools.com



Sparring Days:
 Thurs. May 5
 Tues. May 17
 Wed. May 25
 Mon. May 30

You must bring your gear to class on these days.

The school will be closed Sat. May 21 to Mon. May 23 for the Victoria Day long weekend. Regular classes resume on Tues. May 24.

The monthly Colour Belt Exam will take place on Sat. May 28. All regular classes are cancelled.

Pre/Mas members please check the calendar to see when you have to bring your weapons to class.

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 Blocking & Timing Drills	3 Focus Pad Drills Black Belts: Tekko	4 Kata Pre/Mas: Kata & Weapons	5 Sparring Point Sparring Matches (BBM/Pre/Mas) Sparring Gear Required	6 Curriculum Self Defence Black Belts: Sai	7 Stripe Week Prep Class Pre/Mas: Prep & Bo
8 	9 	10 / / /	11 	12 	13 	14
Stripe Week Novice/BBM/Pre/Mas						
	Black Belts: Chokes	Black Belts: Bo	Black Belts: Knife	Black Belts: Tonfa	Black Belts: Sai	Black Belts: Oar
15	16 Kata Pre/Mas: Kata & Bo	17 Sparring Sparring Combos & Sparring Footwork (BBM/Pre/Mas) Sparring Gear Required	18 Improve your Ground Game (BBM/Pre/Mas)	19 Kicks & Kata Pre/Mas: Tonfa	20 Karate Training Stations Pre/Mas: Int. S.D.	21 Victoria Day Long Weekend School Closed
22	23 Happy Victoria Day School Closed	24 Stick Defence (BBM/Pre/Mas)	25 Sparring Sparring Rounds (BBM/Pre/Mas) Sparring Gear Required	26 Power Pad Drills Pre/Mas: Sai	27 Kata Pre/Mas: Kata & Bo	28 Colour Belt Exam All classes cancelled
29	30 Sparring Spar a Sensei (BBM/Pre/Mas) Sparring Gear Required	31 Kata Pre/Mas: Kata & Basic S.D.	Every last Saturday of the month we conduct our Colour Belt Exams. All regular classes are cancelled			